

Protocol for Ordering Outpatient Stress Testing

UCLA Division of Cardiology

The UCLA Chest Pain and Acute Coronary Syndrome Clinical Guidelines outlines a rationale and management strategy for selected low risk chest pain patients that may be treated on an outpatient basis with aspirin and/or clopidogrel therapy and stress testing obtained within 72 hours. This guideline also addresses patients who are initially admitted for observation, have then ruled out for myocardial infarction/high risk ACS, and are candidates for discharge with outpatient stress testing within 72 hours. Concern regarding the ordering, scheduling, and follow-up of stress testing for patients may be contributing to the tendency to utilize more costly inpatient management strategies in patients in whom outpatient management strategies are appropriate and more cost effective. This protocol addresses the recommended procedure to ordering outpatient stress testing in the Santa Monica-UCLA Cardiology Office and in the Kurlan Heart Center (200 Medical Plaza) during regular and after hours.

Outpatient stress testing may be arranged for appropriate patients during regular and after hours (after 6 PM and weekends) by the following protocol:

- 1) Fill out SM-UCLA or UCLA Non-Invasive Cardiology Request Form for the patient. These forms are available on each of the inpatient nursing units. Make sure the form is completely filled out: list the attending physician's name and beeper number, the name and number of the physician ordering the test, the stress test desired, the clinical history, specific question to be answered, the cardiac signs and symptoms, and the date the test is desired. The attending physician listed should be the one responsible for providing outpatient follow-up

 - 2) Fax this request to:
Santa Monica-UCLA Cardiology Office at fax number: (310) 264-9210 or
Kurlan Heart Center (200 Medical Plaza) at fax number (310) 794-1749.

 - 3) Call or leave a message on voice mail at the:
Santa Monica-UCLA Cardiology Office at phone number (310) 264-0360 or
Kurlan Heart Center at phone number (310) 794-1710.
- Include the patient's name and UCLA ID number, the type of stress test requested, the date and approximate time the test is desired, and the name and number of the physician that will be following and interpreting the results of the stress test. During regular hours the test will be scheduled.
- 4) Discharge patient with detailed instructions regarding outpatient stress test and follow-up. Include phone number of the physician to contact for questions and the Santa Monica-UCLA Cardiology Office (310) 264-0360 or Kurlan Heart Center (310) 794-1710.

 - 5) If after hours, the SM-UCLA Cardiology or the Kurlan Heart Center Administrative Staff will upon reviewing voice mail contact the patient and finalize the scheduling of the stress test. The physician who is identified as the attending physician as well as the houseofficer ordering the test will be called with a preliminary result of the stress test once completed. If there is a problem with scheduling the test in the time frame requested the houseofficer and/or attending physician will be contacted to ensure that the revised scheduled time is acceptable. If the patient does not show up or refuses the test, the attending physician will be contacted and an attempt will be made to reschedule the patient. This information will be documented.

 - 6) If the patient does not have a UCLA outpatient physician, a cardiology consultation can be arranged by request to the SM-UCLA Cardiology office at (310) 264-0360 or by calling the UCLA Cardiology Practice Suite at (310) 825-8811. Please specify that cardiology consultation is requested to provide appropriate follow-up and interpretation of the stress test results and the date the stress test has been requested. If after hours, leave a detailed message.